

BABY SPACING



Something
special
for you from
Family
Planning

The Tennessee Department of Health offers family planning services in every county health department clinic. Charges are based on a sliding fee scale. No one will be denied services due to inability to pay.

The staff are specially trained to provide education, counseling, physical exams, medical histories, and birth control methods.

*Medical services you
can receive at your local
family planning clinic*

- ◆ physical exams
- ◆ pregnancy testing
- ◆ emergency contraception
- ◆ dispensing of birth control methods
- ◆ STD testing and treatment
- ◆ blood pressure screening
- ◆ cervical cancer screening
- ◆ breast cancer screening
- ◆ anemia screening
- ◆ sterilization referrals



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Having a baby is an important decision. Don't leave it to chance.

You want the most for your new baby. That's why waiting at least eighteen months before you get pregnant again is a smart thing to do. It's better for you, your baby, and the whole family.

Your body needs time to recover.



Having a baby makes your body work hard. If you get pregnant too soon after having your baby, your next baby might not get enough nutrition.

You will be tired, since most new babies don't sleep through the night. And it's hard to enjoy your baby if you don't feel your best.

Plus, babies born to mothers who wait one and a half to two years before getting pregnant again get a healthier start in life.

*Family Planning
is the way to go.*

If you are a new mother, it is important to keep your appointment after your baby is born. You can get family planning (birth control) at that time.

With careful use of birth control, you can keep from getting pregnant until you are ready for another baby.

While breast feeding is the best way to feed your baby, **remember, it will not keep you from getting pregnant.**

There are many new types of birth control methods available. Find the one that is right for you!



Call your county health department
TODAY.

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BEFORE GETTING PREGNANT AGAIN IS
HEALTHIER FOR MOM AND BABY.**